THE PLATTSBURG REFLEX

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The Plattsburg Reflex

A WEEKLY MAGAZINE PUBLISHED BY THE MEN OF THE MEDICAL DETACHMENT, U. S. A., GENERAL HOSPITAL NO. 30. PLATTSBURG BARRACKS, N. Y.

VOL. 1 | Wednesday, January 8, 1919 | NO. 3

A MESSAGE

FROM

SECRETARY OF WAR BAKER

"GREETING TO THOSE IN THE UNIFORM OF THE UNITED STATES ARMY: TO YOU WHO HAVE FULFILLED THE PROMISE OF THE NATIONS OVERSEAS AND YOU WHO STOOD READY TO RESERVE AT HOME I SEND GREETING FOR THE NEW YEAR. THE YEAR OF NINETEEN EIGHTEEN HAS SHOWN WHAT AMERICA CAN DO; NINETEEN NINETEEN WILL SHOW WHAT AMERICA IS. YOUR PART IN THE GREAT ACCOMPLISHMENT HAS BEEN A VITAL ONE. THE PART YOU WILL BEAR IN THE DAYS TO COME WILL BE NO LESS IMPORTANT FOR YOUR COUNTRY. THE PROCESS OF DEMOBILIZATION IS MOVING SWIFTLY IN ORDER AND ACCORDING TO PLAN. CLEARLY EVERYTHING CANNOT BE DONE AT ONCE, AND PATIENCE WILL BE NEEDED. EACH STEP MUST FOLLOW THE STEP BEFORE, AND SOME UNITS WILL GO QUICKLY WHILE OTHERS MAY BE HELD A LITTLE LONGER FOR REASONS THAT ARE VERY REAL THOUGH SOMETIMES NOT APPARENT ON THE SURFACE. AS AMERICA MADE HER POWER FELT MORE QUICKLY THAN THE FOE THOUGHT POSSIBLE, SO SHE WILL RETURN THAT POWED TO THE PURSUITS OF PEACE WITH ALL DUE SPEED. AS YOU HAVE SHARED IN THE PRIDE OF THE FIRST ACCOMPLISHMENT, SO MUST YOUR PATIENCE AID IN THE PRESENT ADJUSTMENT TO NEW COMDITIONS. THE PRIVILEGE OF HAVING STOOD IN THE RANKS OF THE ARMY OF VICTORIOUS DEMOCRACY WILL BE YOUR PRIDE THROUGH THE YEARS TO COME. IF FORTUNE HAS DECREED THAT ONLY WEEKS OR MONTHS REMAIN FOR YOU TO STAND IN THOSE RANKS INSTEAD OF BLOODY YEARS AS OUR ALLIES HAVE DONE, THEN BEAR YOURSELVES THROUGH THE REMAINING DAYS IN A WAY TO INCREASE THAT PRIDE. THE BEST WISHES OF THE COUNTRY FOR NINETEEN AND ALL THE COMING YEARS ARE YOURS. TO THESE I ADD MY OWN HEARTIEST GOOD WISHES AND THE CONFIDENCE THAT IN THE FUTURE AS EX-SOLDIERS, AS YOU HAVE DONE IN THE PAST AS SOLDIERS, YOU WILL CONTINUE TO REFLECT THE HIGHEST HONOR ON OUR COUNTRY.

SIGNED

NEWTON D. BAKER."

THE PLATTSBURG REFLEX

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SOLDIERS AND SOLDIERS

Our present army has been drawn from all walks of life. The men have been clothed in similar uniforms, and for the most part they have been given the same rank, and termed soldiers.

Military discipline, however stringent, will not in the last analysis greatly alter those characteristics which have marked the individual from youth. He will to a large extent act as he did in civilian life.

Such is the perplexing problem of an army. Outwardly alike, yet in so many respects different, it is quite difficult to classify the men.

Too often we regard a man as a man merely, and forget those finer ideals and qualities which distinguish and separate him from man, the animal, with his primal instincts and passions.

Bearing this is mind, we must not too hastily credit to all that which belongs to a few. Although brothers-in-arms, we are not necessarily brothers-in-evil.

THE UNITED STATES AND GERMANY

It has been the destiny of the United States to play a leading role in the affairs of Germany during two critical periods of her history; the period of her birth and the period of her decline as a World-Power.

In the early part of the nineteenth century Frederick List emigrated from Germany and settled in the United States. He soon took an active part in the industrial life of Pennsylvania where he made extensive investments and became an enthusiastic student of the Pennsylvania School of Political Economy which taught the principles of industrial protection.

In 1833 he returned to Germany to make known these principles of the American school and to agitate for the adoption of a protective tariff for the industries of the separate and independent German states.

He pleaded in the public papers for a united Germany to be found together by a network of railroads centering in Berlin and Frankfort, along lines similar to that of the United States.

The German states inclined to his view, and he was selected as the executive agent in negotiating a union of German States on the basis he advocated.

The states of Saxe-Weimar, Mecklenberg, Hesse and Prussia had already joined; in 1833 Bavaria, Wurtemburg and Saxony joined; in 1835 Baden, Nassau and Frankfort joined. Upon the complete adoption of a protective tariff under the Constitution of April 16th, 1871, twenty-six states were merged into one empire.

The state of Prussia, dominating her sister sovereignties and securing control of the Empire, sought to extend her control beyond her national boundaries. In 1914 she challenged France, England and Russia to war. In 1917, the United States was drawn into the struggle, and played the deciding part in the collapse of Germany as a military and industrial power.

There is a strong tendency today among the old German sovereignties to revert to their former position as independent states. How nearly this tendency will be realized will depend upon the future relations of these states under their new social order.

THE ROLE OF THE EX-SOLDIER IN THE DRAMA OF RECONSTRUCTION

Exit, the four-years bloody struggle of warfare; enter, the beginning of a long era of peace and reconstruction. Our duties as soldiers cease on our discharge from the service; our duties as citizens of a peace-loving and free nation begin with our resumption of our civilian status. We have been through the great adventure and have lent our hand to the great task which has confronted our generation. The spectacular part of this task is over; now appears the less spectacular and more commonplace task of moulding to effectiveness the fruits of these four years of bitter struggle. Emerson, in his essay on the American Scholar, has said: "When should man more desire to live than in an age of Revolution; for then he twice lives, and sees the death and the birth of epochs." The declaration of peace will mark the death moment of a great era which has lasted ever since the fall of feudalism as the dominant factor in European governmental organization, the era in which that perverted form of government which we call autocratic monarchy has slowly succumbed to the vigorous growth of democracy. It has been our privilege to hear the death-knell of the old era sounded in no uncertain note; but with this death of the old has come the birth of a new era which challenges our attention. We have been fortunate enough to have lived at such a time; should we not, also, be big

enough to measure up to the events and the demands of the new day.

How tremendous are the tasks which confront us as we turn again to the duties of civil life, and how essential is the part which we, as men of the army, are called upon to play in the drama of the next decade is shown clearly in the following statement from the Commander-in-Chief of the armies and navy of our country. "Every sign of these terrible days of war and revolutionary change, when economic and social forces are being released upon the world—bids us search our hearts and make them ready for a new day. Men everywhere are searching democratic principles in order to determine their soundness, their sincerity, their adaptability to the real needs of life, and every man with any vision must see that the real test of justice and right action is presently to come as it never came before. The men in the trenches who have been freed from the economic serfdom to which some of them have been accustomed, will return to their homes with a new view, a new impatience of all political phrase, and will demand real thinking and sincere action." The film of provincialism has been brushed from the eyes of so many of the men now returning to civil life, that their very conception of their position and duties in the state have been revolutionized.

To every man honorably discharged from the military and naval service of the United States, therefore, Greetings! What are the problems which are offered for your consideration and solution? They are problems which in their immensity outreach the calculations of the most imaginative of the social economists of a decade past; problems of devastated and depopulated countries, problems of disorganized industrial structures of whole nations, problems of tax-burdened and bankrupt governments, problems of disturbed and shattered personal fortunes and careers, problems which arise from the acquisition of new standards of material values, of social relationships, and of moral and religious responsibilities. No one man will be called upon to present to the world a cure-all for the ailments of humanity or a conserve-all for the possibilities of the age which awaits us. But to each falls the simple, yet tremendous, duty of measuring up to his maximum possibilities and of displaying in effective endeavor all that has been acclaimed a possibility in this utterance of our Commander-in-Chief. The slacker in civil life outranks the military slacker, because his influence is less apparent and therefore the more dangerous.—Private Chester Rich.

HEROISM IN WAR

Miss Frances Gregg writes the following under the caption, "Heroism in War:" "What accounts for the astounding spectacle of thousands of men advancing, cheering, to almost certain impact with tons of explosive material showered upon them by invisible machines? Any one of these men under normal conditions, if put in range of a 22-caliber repeater, might turn and run like a rabbit; but surround him with a thousand of his kind, all acting in unison, with the danger increased a thousand-fold, and he will drive on at a high tension of poetic ferver to certain destruction."

Our own army with the armies of the Allies have made it possible by beating the Hun at his own game, to end forever the recurrence of such spectacles as those Miss Gregg speaks of. This has been the purpose of our war on war.

After reading the names of men in the Medical Detachment, the Contributing Editor dreamed as follows:

A Rich Farmer who was chasing a Fox in the Green Wood was not Abel to remember which of two Rhoades Ledbetter to the Golden Hall of the Greek King, his Master. As he stood beneath the Bowe of a Beach tree, a Messinger came with Swift steps and asked him, "What is the Mattern Nau?"

"Have Ahart," said the Moody Guye with Moore Payne than True Love in his voice.

"Look out lest someone Potts you in the Block and Knox the Spotts out of you," was the Sharp reply of the Newcomer.

"Don't get in a Huff," said the Farmer, "or the Sexton May have to dig you a grave behind the Mill where the Three Millers live."

The Goodhart of the Messinger made him Meeker for a Weil, and so he asked him for the news. He read the headlines:

"Wilson helps Britton Welsh the Kiser,"

"A party in a Ford Lynch a Coon,"

"A Bishop drinks a Kupp of poisoned Porter,"

and "A dog bites the Legg of a Baker as he tries to shinny up a Barber Pohl."

Just then some Lyons attacked the Farmer and the Messinger and chased them many Miles to their Holmes.

WINTER SPORTS AT PLATTSBURG

In some of the windows down town we have seen displayed skis, skates, snow-shoes, and ski-poles. We are all eager for the winter sports, even though some of us are strangers to the North, and may be awkward with skates and unpractised in the art of skiing down hills.

In town, behind the High School building along the river there is a good skiing hill. There is a skating pond on the river above the dam near Bridge Street. When Lake Champlain freezes over, the men of the Post may find it desirable to clear a portion for skating, although the wind is usually very severe on the Lake. The road up to "Hotel Champlain" hill ought to furnish good skiing. For snow-shoers there are miles of woods to the west.

Few army posts in America afford such excellent opportunities for winter sports as does Plattsburg Barracks. A Committee of our men, have already taken steps to have a skating-rink laid out on our Drill Field, and this would amply satisfy our craving for daily indulgence in the keenest of winter sports.

MAJOR THEODORE WEISENBURG

Major Theodore Weisenburg came to U. S. A. General Hospital No. 30 on October 12th, 1918 to assume his duties as general consultant and to coordinate under his direction the treatment of all neurological and psychiatric cases at this hospital, the only army hospital in America devoted exclusively to the treatment of war neuroses.

Major Weisenburg graduated from the University of Pennsylvania in 1899; became interne at the Philadelphia Hospital, and on January 1st, 1901, entered the army as Acting Assistant Surgeon, serving

in the Philippines until November 1st, 1902. Upon his return from the Philippines, he received his honorable discharge and entered the practice of Medicine in Philadelphia where he has practised ever since.

In 1904 the Major became a teacher of Neurology first as an Instructor in Nervous Diseases at the University of Pennsylvania where he taught until 1907; and then as Professor of Neurology at the Medico-Chirurgical College where he taught until 1916. In 1916 he became Professor of Neurology in the Graduate School of the University of Pennsylvania, which position he now holds.

Major Weisenburg is on the staff of the following hospitals as Neurologist: Philadelphia Hospital; Municipal Hospital and Polyclinic Hospital, Philadelphia, Pa.; the State Hospital for the Insane, Norristown, Pa., and the State Hospital for Epileptics, Spring City, Pa. He was Chairman of the Section of Nervous and Mental Diseases, American Medical Association, in 1908; President of the American Neurological Association in 1918, and President of the Philadelphia Neurological Society. He is a member of the Executive Committee of the National Committee of Mental Hygiene.

Major Weisenburg has written about a hundred papers on Nervous and Mental Diseases and has collaborated in the writing of numerous Medical textbooks. He is Editor of "Archives of Neurology and Psychiatry" and Editor of "War Surgery of the Nervous System" now in the Government Press, to be used by the Department of Head Surgery and the Department of Neurology and Psychiatry in the U. S. Army.

In Sept., 1917, he was made Military Director of the Government School for Neurology at Philadelphia, organized for the purpose of instructing Medical Officers in War Neurology, Psychiatry and Brain Surgery. The Major served as a Contract Surgeon, U. S. Army, from September, 1917, until June, 1918, when the functions of the school had been fulfilled. He was a member of the old Medical Reserve Corps from the time of its foundation, and was transferred to the Officers' Reserve Corps. He was commissioned Major, Medical Corps on September 24th, 1918.

At this hospital where Major Weisenburg now serves, Neurological War Work is carried out on the same lines as in the so-called Neurological Centres of England and France; and it has been stated by a Medical authority that the work in this hospital compares favorably with work done anywhere, here or abroad. Major Weisenburg has personnally supervised the treatment of practically every case of War Neuroses, since his advent at this hospital.

PRESIDENT WILSON'S MESSAGE ON HEALING HURTS OF OUR WOUNDED

"This nation has no more solemn obligation than healing the hurts of our wounded and restoring our disabled men to civil life and opportunity. The government recognizes this, and the fulfillment of the obligation is going forward fully and generously. The medical divisions of the War and Navy Departments are rendering all aid that skill and science make possible; the Federal Board for Vocational Education is commanded by law to develop and adapt the remaining capabilities of each man so that he may again take his place in the ranks of our great civilian army. The co-operation and interest of our citizens is essential to this program of duty, justice and humanity. It is not a charity. It is merely the payment of a draft of honor which the United States of America accepted when it selected these men, and took them in their health and strength to fight the battles of the nation. They have fought the good fight; they have kept the faith, and they have won. Now we keep faith with them, and every citizen is endorser on the general obligation."

WOODROW WILSON.

PHYSIO-THERAPY

By Sergt. Frederick J. Pohl.

One of the most vital factors in the curative work of U. S. Army Hospitals is the application to the body of electricity, light, heat, and water, and of mechanical energy by means of hand massage or apparatus. Such curative agents are embodied in what is called Physio-Therapy.

In reducing inflammation in swollen joints, in stimulating circulation in limbs that have shrunken with disuse, in bringing back a warm healthy flow of blood beneath a cold clammy skin, in general quietening of the nerves, in stirring to renewed activity paralyzed limbs, or in restoring a proper co-ordination between brain and nerves, Physio-Therapy is invaluable.

Perhaps it will interest the reader most for the writer to tell what he has actually seen done in our Physio-Therapy treatment wards.

Curing Paralysis.

A man injured in the lower spine so that he had been unable to walk or even move his legs for nine months, walked without crutches within ten days after he began to receive treatments in an electric apparatus. This remarkable result was brought about by giving electric stimulation to the leg muscles which thus got exercise that the stunned nerves had been unable to induce. The shrunken muscles regained their normal weight and condition. Along with their improvement, the nerves again began to function, and the man was completely cured.

Making Men Straight

I have seen stiff knees and elbows limbered up, and paralyzed arms and hands restored to use. I have seen a confirmed case of "trench back" (like a rag-picker's stoop) cured in five treatments. I remember an Italian soldier from Pennsylvania who had been burned for several hours by an explosion in a coal mine. When he was dug out, he carried one shoulder about five inches higher than the other, and held his head far to one side. The most careful examination revealed no injury to muscles or nerves, yet his deformity persisted. American doctors could not make him understand that he could straighten up if he willed to do so.

The shock of the accident had been too much for his mental resistance. And so, at last, in the Physio-Therapy ward, electrodes were placed over the proper muscles, and current applied to force those muscles to contract. After a few seconds of treatment, the Italian would stand before us perfectly straight, but after the electrodes were removed, the habit of bending would reassert itself, and he would slump over to as nearly a crippled position as before. Gradually, however, he improved until he was finally discharged, a straight man.

From the case of the Italian we see that the right mental attitude of the patient is most important in accomplishing a cure. This fact is even better illustrated by the cases of eight "whisperers" who in a single week had speech restored to them.

Restoring Speech.

Last May, three men who had lost control of their vocal chords following laryngitis six months before, and who could speak only in the faintest whisper, were sent to a Physio-Therapy ward. They were separated for a few minutes, and one of them was left in the treatment room with me while the doctors were making ready for his cure. I had never seen a cure of any kind, and for that reason, the idea of seeing one struck me as being almost like witnessing a miracle. I remember that I was convinced that the man would be cured, and I told him how marvellous it seemed to me that modern physicians could perform the same wonderful cures which we read about in the Bible. I believe that something of my own conviction and eager excitement entered into the man. After the electrodes were applied to his vocal chords his speech was perfectly restored in less than ninety seconds.

We had this first man walk a room in which sat one of his "whispering" companions, and call the second man by name out loud. The eyes nearly popped out of the second man's head as he heard such positive promise of his own cure. Two minutes later, he too, was speaking perfectly.

And so it continued nearly every day that week, Report of the cures was noised abroad, and other whisperers were sent to us. The eighth man came on his own account. He had not talked for eight months. He was told to go away and return two days later so that he might be cured in the presence of all the doctors at the Post. He returned as he was bid, and so certain of his cure was he that when the electrodes were placd against his throat, but **before the current was turned on,** he began to talk; His cure was affected altogether by mental suggestion.

Aphonia, or loss of speech, was a frequent form of "shell-shock" during the War. An amusing story is related of a speechless fellow who was overheard talking in his sleep by the patient in the next bed. In the morning, his neighbors told him he had been heard speaking, but he said emphatically, "I don't believe it!"

Curing "Shell-Shock"

A violent disordering of the nervous system, resulting in severe knee-jerks or tremors in the limbs or face, is often remedied by the application of electricity. One whose experience with electricity has been limited to the "shocking-machines" would naturally suppose that an electric shock would make a nervous man more nervous. The contrary, however, is usually the case.

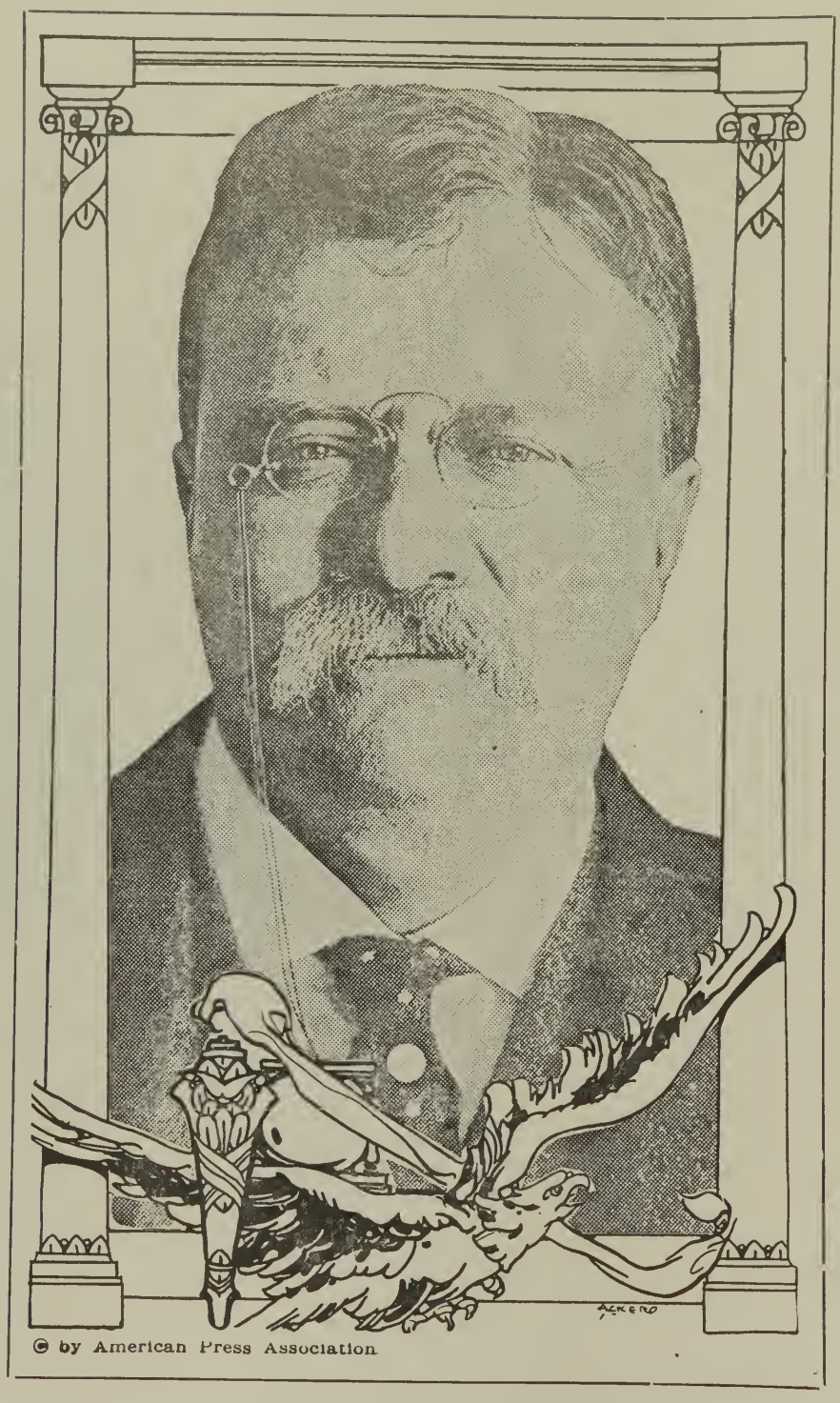
A knee-jerk, for example, is from one point of view simply an abnormal habit of knee movement which has become so firmly established as to be beyond the man's voluntary control. The only thing that can replace an old h bit is a new habit. With a strong electric current, therefore, the man's knees are forced to move in response to the new stimulus, and the tremor habit is thus interfered with. At this juncture, if the man's brain regains control of his nervous system, he is cured.

The use of baths in various forms must not be overlooked in the restoration of muscular movement to those who have for various reasons lost the power of control over their muscles. Electric cabinet baths, gas oven baths, shower baths, spinal douches—all exert their tonic effects in improving the circulation of the blood and eliminating waste from the system.

Lament of a Physio-Therapy Patient

In a gas-oven box they roasted me red,
Then froze me blue with an ice-water spray;
They massaged my belly and thumped my head,
Till I broke for the door to run away.

But they grabbed me and shot me full of sparks,
That made my blood seem to bubble like wine;
It wouldn't do here to repeat my remarks
When they rubbed electrodes along my spine.



IN MEMORY OF
THEODORE ROOSEVELT

CORPS COMMENT

Sergeant Sullivan looks very well in civilian clothes. For further information apply to Sergeant Seefer.

Private Chester Rich who has spent the past 8 months writing requests for furlough and promotion is about to be S. C. D'd on account of writer's cramp.

Sergt. Knox was drawn up to the post recently in a two-wheeled cart on **account of a sprained ankle.**

Private Molloy who has served in the army for almost four months, made a request for discharge three and a half months ago, and is growing impatient.

Sergeant 1st class Rossetti and Sergeant Seefer returned from Brooklyn, N. Y., last Thursday and have requested that we correct an error made in last week's issue. They spent $50 and not $30.

Private Abie Mendelson suggests that poker be played now with only 44 cards instead of 52, since kings and queens have been discarded.

Private Kinman has a good reason for going to Wilken's restaurant, but pays more attention to ladies' handkerchiefs than he does to eating.

Private Corbin thought he would get by unnoticed by sitting in the last row at the Plattsburg Theatre, but his hairless scalp showed over the railing.

If any noise is heard in the Mess Hall, look for Privates Meeker and True, the quiet quakers.

Private Murray threatens to reenlist "out of spite" if he doesn't receive his discharge very soon.

Private O'Connor wishes to know if stenographers may marry.

Dear Editor: Would you please tell me why the non-coms. wear citation chains?

These men have all soldiered at Plattsburg and have therefore demonstrated their heroism.—Ed.

Private Powell can be seen entering the 5 and 10 cent store daily but never carries a package when he comes out.

The hookworm disease is still raging in Barracks 34.

Private 1st cl. Hockman goes to Margaret Street every evening with renewed delight.

Private Foster Smith looks very bad lately and appears greatly worried. It is hoped that she will listen to reason.

Private Britton gets homesick every time he sees a bale of cotton go by.

Private Mattox, the original "gimme,"; "let me take"; and 'have you got" kid, has a wonderful way of corresponding; he writes seven letters at one sitting, dates them a day apart, and mails one each day.

If you cannot discuss discharges, say nothing.

Private Loughren announces a few vacancies in his apartment. He is located opposite the railroad Station.

Private Hemminger has just secured inside information on discharges.

African Golf is again in season.

Private Ellsworth Hall has been awarded a citation chain. He slept with his feet uncovered last Sunday night with the temperature 8 below zero.

If Pvt. Grimes is still interested in fire-engines, Corporal "Dinny" of the fire-house would like to see him.

NEW RULES AND REGULATIONS FOR MESS

1. Take charge of all spuds and gravy in sight. Never mind your neighbor.
2. Watch your plate in a military manner. Keep on the alert for anything that comes within sight, smell or hearing.
3. Any discourtesies or poor service on the part of K. P.'s should be reported.
4. Refrain from conversations in the Mess Hall after onions have been served.
5. In case of fire-alarm, watch your plate.
6. Stand at attention and salute all Chicken, Beefsteak, Pork Chops, and Ham and Eggs.
7. Always say "Please"; "Thank you"; and "Pardon me" to the K. P.
8. Seconds for prunes will always be filled.
9. There is no difference between a knife and fork. Either one can be used for an emergency.
10. Soup will not be eaten in the key of G as it sounds like "L".
11. Napkins will be folded and placed in napkin rings.
12. Tipping is not allowed.

Lance Corporal Klingenstein reports that he has severed his connections with Sergt. 1st cl. Rossetti on account of "incompatibility of Temper."

It is rumored that Private Simmons has applied for re-enlistment.

Sergeant Oren Moore, A. E. F., who left Plattsburg Barracks with Neuro-Psychiatric Replacement Unit No. 2 in October called at the Reeflex Office upon his return from France. He is now on transport duty. Sergt Moore ate mess with the boys during his short stay here and the boys report that he is "the same crab on food as ever."

Capt. Hollingworth to Sergt McCombs: "What are you doing now, Sergeant?"

Sergeant McCombs: "Nothing".

Capt. Hollingworth to Sergt. Laux: 'And what are you doing, Sergeant?"

Sergt. Laux: 'Oh, I'm assisting Sergt. McCombs."

A bout took place last week between Private Abie Mendelson and Private Jaskowitz ending in a draw. Neither man succeeded in landing a blow.

Sergeant-Major Elmer E. Beckman left Occidental College, Los Angeles, Cal., where he was studying for a Bachelor of Science degree, to enlist in the army.

His first assignment after enlisting was Sentry duty. He was later made a Lance Corporal in Model Trench digging in underground hospital work, and then made Drillmaster of Provisional Co. D, Fort Riley, Kansas.

Sergeant-Major Beckman served at General Hospital No. 4, Fort Porter, Buffalo, N. Y. from December 1st, 1917 to August 3rd 1918, as Chief Clerk in the Registrar's Office. In August 1918 he was called to Plattsburg Barracks where he assumed similar duties as Chief Clerk and was appointed Sergeant-Major in November.

He is one of the ablest men in our detachment, has marked executive ability, a pleasing personality, and a keen sense of humor.

ADVERTISEMENT

"THE GUARD HOUSE"
..A FIRST CLASS PRIVATE INN..

Private rooms always ready for instant occupancy. Terms arranged for after trial. Quiet and seclusion guaranteed. We take boarders twelve months of the year. We open our doors to accommodate all who are sent to us. No lodgers will be forced to vacate because of disobedience to the House rules. Lodger's mail carefully looked into. Uniformed attendant, individual escorts and special doorkeepers supplied without request. The best of security to person and property furnished without extra charge. Up-to-date burglar-proof devices.

The House takes pride in the fact that all of its guests remain in it until the time for which they were originally booked has expired. Some guests frequently return to us, and some stay longer than at first intended. References given: We are confident that the testimony of former lodgers will establish the truth of every claim we advance.

ADVERTISEMENT

Men in Barracks 33 complain that they are being awakened from their slumber every night by Private 1st class Chester Rich who continually dictates requests for promotion in his sleep.

WILLIE GREEN

(Sgt. 1st cl. Wm. J. Green)

Every night you'll see our Willie,
Bending o'er his battered stand
Clutching pen and ink and paper
Writing "Her" to beat the band.

And you hear him murmur faintly;
"By the faith of Willie Green
She's the very sweetest maiden
That Ohio's ever seen".

Sergeant Nathan Schutz, who has recently received his discharge, was a graduate of the Brooklyn College of Pharmacy, 1914, and of the Long Island Medical College, 1917. He was Interne in the Lebanon Hospital, New York City, until July 19, 1918 when he entered the service.

Dr. Schutz is now an Interne in the Jewish Maternity Hospital, N. Y. City. He intends to specialize in obstetries and gynocology.

OVERSEAS CASUAL DETACHMENT

The Detachment made its bi-monthly move last week It is now located in Barracks 21-23.

No men were sent out during the Holidays but the Detachment is preparing to make up for lost time.

Our fair stenographer, Private Lepedinsky, famous for his mastery of the "Hunt" system of operating a typewriter had a few days off last week. While gone he played the star (and only) part in a one-act tragedy entitled; "A Rube in New York". It is reported that he made a striking success considering the fact that he appeared before the public without even a rehearsal.

Corporal Rhine smiled last week. This settled a rather doubtful question as to whether or not he could smile without cracking his face. His face did not crack, but it has worn a pained expression ever since.

Private Bower is still a very busy man. After working in the office all day he vanishes into the night and sometimes gets back in time for breakfast.

Privates Hedrick and Bower have a private room (without bath) and have been fighting all week over its mussed up condition. Each blames the other, but the only thing that is definitely settled is that when Bower finishes the chest he is working on, one or the other will have to move on account of lack of room.

The members are once again enjoying the grand and glorious feeling that comes from finding their names on the list for K. P.

Corporal Kersey had a mixup with a street car last week. The street car wasn't noticeably damaged.

Clint Holcomb is getting love-sick again.

The old bunch is vanishing. Private Hedrick goes to Camp Beaureguard and Private Bower to Camp Dodge very soon. They are probably the last or among the last of the patients who came during June and July.

When Lieutenant Hunter leaves the Army any information Bureau would be willing to pay well for his services. Aside from a vast knowledge of facts in general he can talk to several persons at once.

There is little to be said about Lieut. Cook. Alone with no company but his Service Records his life is one round of happiness—and seclusion.

The Detachment has a new company Clerk, and he came just in time to get the full benefit of the heaviest day's work in three weeks.

Remarks about ward-master Corbin and Marblehead noted. We thought at first that the city in question was Bald-knob, but that is in another state.

Sgt. Morris is still on furlough, and blankets are an uncertainty. Morris was always on the job, but his successors are not—always.

THE MEETING POINT

By John J. Brotherton.

From out of the wilds of Africa,
A dusky soldier came,
Brave and fierce and ready to fight,—
Proud was he of his name.

When first he heard the cannons roar,
And felt the rain of lead,
Down on his knees he fell at once,
And worshipped his long gone dead.

A Poilu marched to the battle front
To give his all for France;
Of courage strong and brave at heart,
He longed for a true man's chance.

One day he saw an image stand
In the midst of a shell-wrecked inn;
"C'est Dieu!" he cried as he fell on his knees,
And repented for all his sin.

A British Tommy went to war,
And full of fight was he;
He wished right well to meet the Hun,
And strike for democracy.

From out of a hell he came one time,
Free from any wound,
And he thanked the Lord that he was still
In the trenches eastward-bound.

Months passed by, and the three men stood,
After a battle won,
And looked upon a Red Cross nurse
Give aid to a wounded son.

Each one in turn his hat removed,
Each one murmured low,
For here on the blood-stained battle ground,
Each did a true God know.

PATIENT OFFICERS

Captain Lynch is back from Washington, and as much in love as ever.

Lt. Atwood returned from New York where he had a big time. He is looking fine.

Lt. Fred Wright has been restored to duty. He is in charge of the M. Ps.

Lt. DeHaven is on leave in Indiana.

Capts. Clark and Ethel have left our midst for parts unknown.

Lt. Lemmer is hereby notified that all officers who sleep in A-3 must be in bed by 10 p. m.

One laughed when he went into the trenches,
And smiled thru the roar of the guns,
So they marked him a Neurasthenic,
Cause he wasn't afraid of the Hun.

One was quiet and sober in action,
For he knew what had to be done,
So they labeled him Psycho-despondency,
Cause he wasn't afraid of the Hun.

One went over the Top at Cantigny,
And he cursed Fritz as he started to run,
So his was a case of Hysteria,
Cause he wasn't afraid of the Hun.

One was buried alive by a whizz bang,
And they dug just in time for this son,
But they labeled him Psycho Chronic,
Cause he wasn't afraid of the Hun.

THE HOSTESS HOUSE

The Hostess House of Plattsburg Barracks was the first building of its kind in the world, and is the only one of its kind at a Hospital Post. Back in the spring of 1917, there was urgent need for a place in which soldiers of the training school might receive and entertain their many visitors.

The Y. W. C. A. ordered the erection by Mr. M. J. Rabideau, a Plattsburgh contractor, of the Hostess House which was built, furnished, and occupied in about two weeks. With its comforts, the Hostess House has supplied a touch of homelikeness and the tenderness of woman to the rough army life. Houses modeled after it have been among the most popular institutions in all the camps during the war.

The present staff of the Hostess House consists of Mrs. L. M. Graham, Directress, Mrs. J. T. Moore, Social Hostess, and Mrs. Cha . K. Darrow, Business Director.

THE POST LIBRARY.

The Post Library opened Monday, January 6th. It has been established by the American Library Association which is also maintaining the Recreational Reading Room in the Y. M. C. A., and is supplying magazines to the wards.

The Hospital Librarian, Mrs. M. W. Peck, is in charge. Mrs. Peck was in the Cleveland Public Library for several years, and for the past six years has been connected with Simmons College Library School in Boston as an instructor.

The Post Library occupies two large rooms in the building back of Ward H. It contains novels, tales of adventure, detective stories and standard fiction; up-to-date books on civil, mechanical and electrical engineering, the trades, business, the professions and agriculture; recent text-books on military subjects, mathematics, the sciences, and foreign languages; books of travel, history, biography, poetry and the present war; dictionaries, encyclopedias; and books in foreign languages.

THE SOLDIER'S CLUB

On the evening of January 1, a largely attended entertainment was given at the Soldier's Club in Plattsburg.

Three girls, Miss Marion McDonald, Miss Elizabeth Langlois and Miss Dorothy Landon, gave a charming fancy dance in the style of a scene from the opera Carmen. Miss May Featherston from Ausable Forks sang, accompanied by Mrs. F. J. Reilly.

Joel Scheier, Seaman, received great applause for his performance on the piano, and Sgt. Hurley, a patient in Gen'l. Hosp. No. 30, sang and danced five numbers.

There was dancing until 11 p. m. with music by Fred Pepin. The presence of a number of college girls home for the holidays added much to the pleasures of the evening. Refreshments were served.

The Soldier's Club, whose President is Mayor Barnard of Plattsburg, is rendering a much appreciated service to the soldiers of the Post. Our thanks for the entertainment of Jan. 1st are due him, and Mrs Booth, Chairman of the House Committee, also Mr. W. A. Dillon, formerly of the Officer's Training School at Columbia University, who is in charge of the Club rooms, and who has been sent to Plattsburg by the W. C. C. S.

The popular Cafeteria, which is in the hands of Miss Helen McDougall, serves a light meal for 25c. It charges with the aim of merely paying expenses.

SPORTS

New Years Eve was celebrated in the "Y" with an unusually good athletic program. To start the ball rolling "Frankie" Donahue, New York, and "Kid" Mills. Pa., (both with reputations) gave a snappy little exhibition for one round; then the gas that Mills picked up in France began to affect him and he could not finish the other three rounds scheduled.

Our old friend Lund's challenge for Swedish wrestling was accepted by Shellman and for no holds below the waist it was good stuff. Shellman is a good man and we can understand why he came back from France after seeing him work out of tight places here. Lund secured the first fall in 4 minutes and 20 seconds but Shellman secured the second fall in 12 minutes and 15 seconds.

You missed something if you weren't here to see Kaucheck (150 lbs.) try to handle Yonki (188 lbs.). Both boys are fine wrestlers, hard to beat in their class, and it was interesting to see the little man work; for he certainly did work.

Mulholand and Nelson were the foxy kids that put on that last wrestling match and don't you think that it wasn't interesting while it lasted. Nelson was the heavier by 8 lbs. but Mulholand had lots of pep and the match was very good until Nelson sprained his shoulder. He is getting better, thank you, and says that in about two weeks he will be back for more.

"Kid" Herman and "Sporty" Martin did go to it. It was as good a bout as we ever had in this "Y." In more than one way it was a match. You see, "Kid" Herman put in some real training with Jack Flavin, our famous heavy weight, while Martin trained only a few days with Finland, our famous bantam. Martin had the weight and a great defensive while Herman had the action and a good offensive. The whole four rounds were exciting but the third was the prize round.

Tuesday night is always Athletic Night at the Post "Y" and next Tuesday will be the most interesting of them all.

LIST OF OFFICERS U. S. A. GENERAL HOSPITAL NO. 30, PLATTSBURG BKS, N. Y.

Lt. Colonel

Thomas D. Woodson, M. C.,
Commanding Officer.

Majors

Richard H. Hutchings, M. C.
Aaron J. Rosanoff, M. C.
Theodore Weisenburg, M. C.
George E. McPherson, M. C.
Ralph L. Hill, M. C.

Captains

James F. McFadden, M. C.
George Clayton Fiske.
John G. Stowe, M. C.
James F. Gillette, M. C.
Julius G. Newgord, M. C.
Claude D. Kellam, M. C.
Clarence A. Patten, M. C.
J. Victor Haberman, M. C.
Samuel H. Lamb, S. C.
Harry L. Hollingsworth, S. C.
Frederick Doeden, S. C.
Marion C. Palmer, M. C.
Chester Lee Carlisle, M. C.
Lonso R. Bice, S. C.
Milford Levy, M. C.
Charles R. Marsh, M. C.
William C. Krohn, M. C.
John J. B. Morgan, S. C.
Ransom A. Greene, M. C.
Jerome F. Berry, M. C.

Lieutenants

Theodore Halpern, M. C.
William J. Ross, M. C.
Henry K. Taylor, M. C.
Clarence Neyman, M. C.
William D. Silkworth, M. C.
John M. Mambert, M. C.
John E. Burke, M. C.
Heinrick A. Reye, M. C.
Homer L. Day, M. C.
Alvin D. Dannheiser, D. C.
John S. Isenberg, D. C.
Edward T. Gibson, M. C.
Charles G. Taylor, M. C.
Tullie W. Sorrels, D. C.
Frank C. Wagner, S. C.
John B. Crowley.
Otis E. White, S. C.
William Banks, S. C.
George William Finck, M. C.
Wilfred S. Dennis, M. C.
Franklin D. Posue, M. C.
George H. Reeve, M. C.
Phillip J. Trentsch, M. C.
Moses B. Radding, M. C.
Albert A. Mertz, M. C.
George M. Cook, Q. M. C.
Seth D. Hunter, S. C.
Moses Jacobson, S. C.
Grant E. Mouser, Jr., S. C.

Contract Surgeons

Charles R. Payne
Anna Burnett.

Quartermaster Corps

Capt. Daniel E. Marcy, Q. M. C.
Capt. James F. McEnancy, Q. M. C.
Capt. J. L. Maney, Q. M. C.
1st Lt. Wm. P. Johnson, Q. M. C.
2nd Lt. James F. Crawford, Q. M. C.
2nd Lt. Maurice Schulman, Q. M. C.

THOSE OFFICERS.

According to the latest regulations, Capt. Lamb has lost his job as Medical Supply Officer.

Capt. C. R. Marsh proclaimed it to be a dry Christmas, and New Years, the first one in 38 winters.

Lt. W. J. Ross, is examining all men on this post prior to being mustered out of service; step on his toes if you are anxious to know where you get off.

Overheard conversation:—Pvt. A. Sec. 1. "When do you expect to get home Bill". Pvt. B. Sec. 3". "I don't expect to get home, I'm in section 3".

Lt. W. D. Silkworth is not made mention of nowadays. He has also been very quiet since his wife arrived.

Lt. J. E. Burke has confidentially informed me that he is misplaced; he is looking for Public Health work.

Lt. Reeves thinks it best to get married. This is his conclusion after the New Year's Eve. Dance. He claims that the married men are more successful.

Springtime is the time for carpets, Lt. Trentzsch.

Conversation overheard in Lt. Ross' office:

Name please: "Lt. Jacobson."
Christian name: "I have none sir".

Capt. Levy is going in for music. He bought an alarm clock and a Victrola.

Lt. Day is beginning to pack for his fifteen minute two day leave in February.

The Adjutant has returned from his leave, and he is in fine spirits.

For fear that Lt. Neyman's weight and disposition might overawe the guinea pigs and chickens in the laboratory, a non-com is now in charge.

Lt. Mambert is diligently trying to agree with everybody, but without avail.

I wonder does Lt. Sorrels believe in the old adage, "Silence is Golden". He must be worth a mint by this time. I wonder does pulling teeth affect the vocal cords.

Lt. Isenberg has returned from his leave. He left a piece of carbon in the flooded town of Johnstown, Pa., to gladden the heart of his lady love. He returned in excellent spirits, but they are waning.

Lt. White has enveigled a house committee into usurping his job as mess officer at the officers' club. We are anxious to meet him alone on a dark night.

Lt. Radding arrived at this post a few days ago; he was agreeably surprised and at the same time sadly disappointed.

Contract Surgeon Anna Burnett is very enthusiastic about the Plattsburg Reflex.

To all ye noble officers: bear in mind, that contributions are accepted without charge, at all hours of the day and night.

OUR CIVILIAN LADIES

Miss Roberts hopes that the next time the snow falls the horse won't run away. Moral—Pick a good driver or pay more attention to the horse.

The favorite season of the year for Miss Rossire is the Fall. Rye is most plentiful at that time.

Miss Hood wishes to announce that private dancing lessons will be given in the Curative Work Shop between 5 and 6 o'clock on week days.

Miss Howe says the only redeeming feature at the post is the Hostess House.

Miss Coe has lost a plaster splint which has accompanied her for three weeks. She is in better cosdition now to entertain her Albany friends.

Miss Wemple has been annoyed of late by some of her home town Saugartise friends. Miss Roberts has been a patient listener to all of her troubles. It is too bad that the boiler in the Nurses Red Cross home is out of order. The dentist is attending to it, however.

Miss Ryther has not had a real good laugh since Lieut. Reye has gone away on leave.

Lost—A key to a kitchen. Apply to Miss Locke at Quarters 7.

NURSES NOTES

We suggest that a large electric sign be placed on Quarters 4, so that a certain nurse will know where she lives.

Miss Gladys Harper, our comedienne is suffering from a cold. We miss her smiles and wit.

Miss N. Dugan is now spending a seven day leave with her mother.

Miss M. Schultz is back in Quarters 7, fully recovered from her illness—glad to see you back, Marcella.

"Mable" keeps the mail man busy—we are wondering if she has a secretary.

Miss Skuce, Nurse of Ward M-1, was presented with a gold wrist watch as a New Year's gift by the Ward Surgeon, Wardmaster, and boys of her ward.

We are glad that Christmas comes only once a year because Louise Allen is so tired from opening her Xmas packages.

Miss Murphy, will introduce the latest New York dance at our next party. All are invited to attend.

Miss Frank, our new Housekeeper is keeping up the good work of her predecessor. Miss N. C. Dugan.

Miss Stella B. Skuce says she is willing to stay in the army for life. "Skuce me, Stella!

Miss Kirkpatrick, wishes to say good-bye to everybody, as her orders came to proceed to Boston and leave the army alone.

Miss M. A. Connell received a letter from her first husband stating that he was dead. She is now hoping that the second one shows up soon.

Lieut. Jimmie McGrath got out of the hospital for two reasons, first because she did not like it and second because Lieut Cook was discharged to duty.

Miss Florence Hilyer, was most disappointed because there was no Mistletoe at the Christmas party. Besides it was bad enough to be a sailor in a tight fitting suit.

Miss Ester Foster is missing from Ward E-1. Has anybody seen her?

We all know why so many boys get sick and go to see that diet kitchen is a big success—Miss A. A. Wilson in charge.

Miss E. Maurer lost her swagger stick while fishing for gold fish.

Miss C. Strong will sing at the next minstrel show the song eneited "Au Revoir but not Good-bye, Soldier Boy".

Miss H. Sware, (prounced Swede) enjoyed her sleigh ride to Morrisonville, but she says "Never again."

Go easy Lucy Robinson and be true to that "Lieut." in France.

Miss Anna Dugan has lost quite a good deal of sleep on account of the telephone constantly ringing. She has requested the Signal Officer to remove the phone.

Miss Lynn has no use for canes, especially in the hands of an officer.

Reward offered to any officer who can induce the Chief Nurse to attend the Nurses and Officers Hops.

Q. M. C.

Information regarding the procurment of marriage licenses, class "A" allotments, and everything that every soldier should know, when contemplating matrimony will be appreciated by the following:

Pvt. 1st class, Leo McKenney.

Pvt. 1st class, Archie D. Spinner

Pvt. 1st class, Graham M. Wilder

Pvt. 1st class Ebbitz of the Salvage Branch, speaks highly of married life.

Business in the Q M. Office began early Thursday morning, Dec. 26, 1918. Among the early business problems, was a call from Sgt. Hoke, the chief clerk, to the adjutant, asking if "any restriction had been placed on the quarantine," of course we have to guess the answer, Hoke wont tell us

Corporal McKamey, N. C. O. D. awakened the boys from their Christmas morning slumber, and marched them over for their first spray during the present restriction. Of course they all wished him a Merry Xmas, as this happened immediately after reveille, first call.

Pvt. Bernhardt received a large package of exceptionally fine flavored cigarettes, of the Turkish blend from his girl friend "Tommy."

Pvt. Buckley of the M. T. C. displayed an excellent silver cigarette case when he came off "duty" at Quarters 59B on Xmas Day.

There are many things to be thankful for since we moved into our new quarters, but we are most thankful that Pvt. Gergel is no longer an acting fireman.

The heavy snow storm of the past week drives Sgt. Parsons home early. It's pretty tough on the old boy while the snow is on the ground.

The weekly prize box of the Q. M. Corps has been awarded to Sgt. Parsons, consisting of one pig tail and a brown derby. He still stands undefeated on pounding the hay. Who sent Jerry the pig tail?

After a very successful season Cpl. Dempsey has resigned his position with the cultivating company, formerly of Battery St., now of Yonkers, N.Y.

In the future along with his Post duties he will handle a complete line of Art Goods, Post Cards etc. He did a wonderful business during Xmas week the work piling up to such an extent that it was necessary for him to stay with the business until the wee small hours. He is also prepared to handle a rush business for New Year's so don't forget Jack on the post cards for the New Year. It is a right smart shop, we'll say.

The Transportation Clerk is ready at all times to furnish unlimited conversation as well as issue Transportation Requests. Ted thinks everyone else stutters.

Just what is the treatment at the Hospital for headaches? Any information would be greatly appreciated by the Post Signal Sergeant.

Silver Service Chevrons awarded in the Q. M. Corps this week.

Sergeant Claude N. Hoke

Sergeant William E. Irish.

Sergeant Daniel T. Rowe.

Sergeant Fred Hyman.

There was a bill introduced by Sergeants Rowe and Hyman, to eliminate all "WISE CRACKS" and they are asking for the hearty cooperation of all the men.

The Q. M. Corps are very fortunate in having two of the best Cooks in the country; Cornelius J. J. Verton specializes in pastry and the boys always save a little space for his pies. Of course our old friend Dad Martin takes care of the rest in the good old western style, and sends everyone out of the mess hall satisfied.

It is unfortunate for Sgt. Kelly, Q. M. C., that service stripes are given only for service during the war, otherwise he would be entitled to wear 62. We congratulate the Sergeant, on his long and honorable term of service.

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